

# The Health Care Monitor

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## TRICARE Northwest

### Hunter departs for Hawaii

By Fred Miles  
Watson  
**Northwest Navi-  
gator**

During her 32 months of duty as the commanding officer of Naval Hospital Bremerton, Capt. Christine Hunter has faced a number of extreme challenges, many of them unexpected, in what she called an "amazing journey." But on June 12, she passed the mantle of command to Capt. William M. Roberts, MC.

Vice Adm. Richard A. Nelson, Medical Corps, United States Navy retired, was the guest speaker. Nelson became the

33rd Surgeon General of the Navy and Chief, Bureau of Medicine and Surgery, on June 29, 1998. From 1989-91 he served as commanding officer of Naval Hospital, Bremerton. Nelson, now retired and living in Kitsap County, has known Hunter for many years.

"One thing that has been important, and as I have been here a year and a half, and I've watched and listened to the community, the patient never sees the turmoil that you all may be going through and how you deliver that (health) care. You and your staff can take a lot of

pride that your patients see you as the preferred source of their healthcare and see that you're delivering it in an exceptionally high-quality way and with a smile," Nelson said.

The ceremony's presiding officer, Capt. Diane Lofink, Chief of Staff, Navy Region Northwest, presented Hunter with the Legion of Merit for her service as commanding officer, praising her leadership during her tenure as commanding officer.

That tenure was an exciting period that saw the strengthening of



U.S. Navy Capt. William M. Roberts relieved Capt. Christine Hunter in a June 12 Change of Command Ceremony at the hospital.

DOD health partnerships through the TRICARE NW demonstration, expansion of pharmacy services, construction and opening of a new hospital wing and parking garage, and a major earthquake.

"Emerging from underneath

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Naval Hospital Oak Harbor—The Mayor of Oak Harbor, Patty Cohen read a Mayoral Proclamation in honor of National Nurses Week. She expressed her thanks to the nurses and staff for inviting her to take part in the activities.



Oak Harbor—It's tradition that when it comes time to cut the "Celebration Cake" the oldest military nurse and the youngest get the honor of cutting the cake. This year U.S. Navy Captain Jim Kohl, director of nurses staff (left) and Lieutenant Eric Willman, ward nurse, share the honors with Mayor Patty Cohen as part of National Nurses Week.

## Oak Harbor: 1st Annual Nurses Symposium

By Sara E. McGruder  
NHOH Public Affairs Office

**NAVAL HOSPITAL OAK HARBOR**—The nurses here along with America's 2.7 million registered nurses celebrated National Nurses Work May 6-12. The work of America's registered nurses to save lives and maintain the health of millions of individuals was the focus of this year's celebration with the theme: "Nurses Lifting Spirits, Touching Lives."

Annually, National Nurses Week begins with RN Recognition Day, and ends on the birthday of Florence Nightingale, founder of nursing as a modern profession. Tra-

ditionally, the week is devoted to highlighting the diverse ways in which RNs, the largest group of the health care profession work to improve health care. From bedside nursing in hospitals and long-term-care facilities to the halls of research institutions, state legislatures, and Congress, the depth and breadth of the nursing profession meets the expanding health care needs of American society.

Here, both military and civilian nurses kicked off their celebration with bagel rounds conducted by the Director of Nursing Services, U.S. Navy Captain J. Kohl, NC. Bagels were delivered to all nurses at the hospital by

the DNS to thank them for the work they do everyday.

The second day the First Annual Nurses Symposium focused on "Celebrating Nursing Diversity". These activities were sponsored by the Navy Nurse Corps Association here which is chaired by Lt. Melinda King, NC, USN. The activities were held at the Chief Petty Officer's Club. Diverse topics highlighted the incredible range of areas that nurses demonstrate their excellence everyday. Topics included: Emergency Room Nursing, Nursing Case Management, Mentoring, Legal Nurse Consulting, Operational Nursing during Desert Shield/

Desert Storm, Flight Nursing, Sexual Assault Nurse Examinations and Shipboard Nursing.

The highlight of the day was having three guest speakers: U.S. Navy Captain (Ret) Joline Devos, NC, who spoke on the importance of mentoring, U.S. Navy Captain (Ret.) Joan Pate who spoke on a career as a Certified Nurse Legal Consultant, and a speaker who spoke about a career in Flight Nursing. In continued celebration a dinner was held that same evening and Devos honored nurses with an inspirational speech highlighting nurses and their exceptional contributions in health care. Other activi-

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# Naval Hospital Bremerton

## 5-Star employee of the month

By Larry Coffey  
Naval Hospital Public Affairs  
Officer

Dawn Edwards of the Dermatology Clinic was recognized Friday as the Naval Hospital Bremerton Five-Star Service Employee of the Month, a selection based on unsolicited input from patients, providers and staff.

Edwards received “numerous nominations from patients who overwhelmingly commented on her outstanding service, friendly attitude, and conscientious follow-up in scheduling appointments,” according to the notification written by Donna Corser, the hospital’s employee recognition committee chair.

Other comments submitted by patients and providers included being “a light in the dark” during the deployment period and “consistently going above and beyond her job requirements to provide outstanding support.”

Edwards provided valuable support during a difficult period due to activation of the fleet hospital here. Active duty personnel from Naval Hospital



U. S. Navy Capt. Christine Hunter, MC., commanding officer of Naval Hospital Bremerton congratulates Dawn Edwards of the Dermatology Clinic for her achievement during a ceremony held in May.

remain deployed while activated Navy reservists continue to fill the vacated positions.

“Dawn’s flexibility in taking on new assignments and learning new functions contributed to the smooth transition in the clinic,” Corser’s write up said. “She continued to account for all of the patients needing follow-up in the Dermatology Clinic so that they were able to be seen as soon as possible by the reservists upon activation. This included a Melanoma pa-

tient who needed periodic screenings, as well as patients on certain medications who required regular lab tests and follow-up.

“She kept track of all these patients and provided a stabilizing force for patients who otherwise would be in a very uncertain situation. Many patients commented on how secure they felt knowing she was aware of their specific needs and was scheduling their appointments as necessary.”



# Brother and sister brought together by war

By JO1 (SW) Stacey Moore  
Fleet Hospital Eight  
Public Affairs

## ROTA SPAIN—

When Hospital Corpsman 3rd Class Lenora Inman arrived for work in the Casualty Receiving area of Fleet Hospital Eight May 22, she expected to have a routine evening helping the doctors and nurses admit into the hospital 31 new casualties from Operation Iraqi Freedom. Instead, when she looked at the roster of incoming patients, she got a big surprise. Her brother's name was on the list of casualties to be arriving at the hospital within minutes.

Inman's brother, Army Capt. Lawrence Foss, deployed to Iraq with 4ID (M) Division Artillery, had been diagnosed, for the second time, with basal cell carcinoma, a skin cancer that rarely metastasizes. He was sent from his unit in Iraq to FH8 to have the carcinoma removed and tested by the fleet hospital staff.

"I didn't know he was coming until about 20 minutes before the bus arrived. Then I started freaking out," said Inman.



Sometimes war separates family members indefinitely. At Fleet Hospital Eight, U.S. Army Capt. Lawrence Foss and HM3 Lenora Inman were brought together by Operation Iraqi Freedom in Rota, Spain. (Photo by JO1 (SW) Stacey Moore)

"I was really nervous. It seemed unreal."

Neither knew exactly where the other was deployed in support of Operation Iraqi Freedom.

"They told me she was deployed to a field hospital. I did not know she was here. I thought she was in Kuwait," said Foss.

"I was sitting on the bus, and she came on. My first thought was, 'That person looks just like Lenora.'"

"I was shocked. My jaw pretty much dropped. It was very cool, especially when I saw the grin

on her face. It was like having home here."

Inman and Foss come from a large family with eight other brothers and sisters.

They have one other brother serving in the Army, who is also deployed to Iraq.

Both siblings had the same thoughts and concerns about the possibility of Foss's being injured and becoming a patient in the hospital where Inman works.

"I was really concerned that something would happen to one of us, and she'd have to see us coming through the hospital," said Foss.

"I wondered how it would feel if my brother came," Inman said about the possibility of Foss being one of the more than 800 patients to be treated at FH8. "I didn't know where he was. I just knew he was deployed."

The siblings, despite not seeing each other since their brother's wedding three years before in Illinois, still remain close. While not using much direct communication, they keep in contact through their mother and stepfather, Janice and Lonnie Oakley. All of the sib-

lings have not been together in 10 years.

"We're actually quite close. When we're together, you can't tell we've been apart," said Foss.

They have used some of their time together in Rota to reconnect other family ties.

"We called our Grandpa last night," said Inman.

Foss and Inman come from a military family with roots in both the medical field and the communications field. Their maternal grandmother was an Army nurse during WWII; their father, a radio communicator during the Vietnam conflict and two other siblings have been in the Army.

They are both happy to see each other, even under less than ideal circumstances.

"A war and cancer brought us together," said Foss.



## Madigan Army Medical Center's Chiropractic Clinic

**Note:** DoD has implemented a Chiropractic Care Program for Active Duty personnel. Chiropractic care became a permanent benefit for Active Duty at designated sites on April 28, 2003 at the current 20 MTFs. Family members will not be eligible for chiropractic care. For neuro-musculoskeletal problems currently seen by chiropractors, non-active duty beneficiaries have the option of being referred to traditional care services within the military health system (physical therapy, family practice or orthopedics) or seeking, at their own expense, chiropractic care in the local community.

By Ms. Sharon D. Ayala,  
MAMC Deputy PAO

**MADIGAN ARMY MEDICAL CENTER**—Active duty personnel in the TRICARE Northwest Region now have access to chiropractic care at Madigan Army Medical Center.

The service, which began May 8, is part of the 2001 National Defense Authorization Act, which initiated, on an incremental basis, chiropractic health care programs at more than 20 military treatment facilities throughout the Department of Defense. Madigan is now one of five Army medical centers that provides chiropractic service.

The new clinic is currently located in the Physical Medicine Department on the first floor of the medical mall. It is staffed with one civilian chiropractor, Dr. Roger Baarstad, one chiropractic technician, a noncommissioned officer and a medical clerk. The clinic

will operate Monday through Friday, from 7:30 a.m. to 4:30 p.m. Although the clinic will accept some walk-ins, the majority of its patients will be referred by their primary care providers.

Initially, the clinic will see about 20 patients a day, but once it is fully operational, Baarstad said he expects to see a steady rise in the number of active duty patients seen in the clinic.

Chiropractic health care has existed for more than 100 years. The word chiropractic comes from the Greek language and means done by hand.

Chiropractors are trained to detect the slightest misalignment of a joint that may not be visible on an x-ray. Their primary focus is on allowing the body to regenerate itself while minimizing the use of medications or surgery.

"A variety of musculoskeletal conditions can be resolved when manual spinal manipulations or adjustments are made into

a stiff or fixated joint," Baarstad explained.

"Chiropractic adjustments target not only the spine but extremity joints as well."

The addition of a chiropractor to the Madigan staff will be beneficial to servicemembers who may be suffering from musculoskeletal conditions, such as neck and back pain, headaches, joint stiffness, sprain and strain injuries, bulging disks and sports related injuries.

If chiropractic care is considered, the patient will be screened for any medical conditions that would prohibit such care.

"Chiropractors are basically concerned with the relationship between the structure (primarily the spine) and the function (as coordinated by the nervous system) and the relationship between them. The Chiropractor intervenes in situations where there is a problem with the structure to make it change using chiropractic techniques and sup-

portive techniques," Baarstad said.

Patients who would not benefit from chiropractic health care include those suffering from bone weakening conditions, severe congenital or degenerative encroachment of the neural foramina, recent fractures, cancer, infection or rapidly progressing neurological conditions.

Family members of active duty servicemember are not eligible for chiropractic care.

For neuro-musculoskeletal problems currently seen by chiropractors, non-active duty beneficiaries have the option of being referred to traditional care services within the military health system (physical therapy, family practice or orthopedics) or seeking, at their own expense, chiropractic care in the local community.

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ties during the week included: delivering of chocolate bars to all nurses, 40 free subscriptions given out and a raffle for a stained glass replica of the Nurse Corps

Oak Leaf created by Lt. Cdr. Rachel Nikkola, NC, USN. The week-long celebration ended with a traditional cake cutting in honor of the Navy Nurse Corps' 95<sup>th</sup> Birthday. Mayor Patty Cohen read a Mayoral Proclamation in honor of this special occasion and assisted our senior ranking nurse, U.S. Navy Capt. Jim Kohl and junior ranking nurse, Lt. Eric Willman in cutting the cake.

## Fort Lewis Safety Day activities



**Madigan Army Medical Center** was well-represented at the Fort Lewis Safety Day held June 6. In addition to emergency care services, Madigan Industrial Hygiene and other medical center activities provided materials on a wide range of topics from ergonomics to smoking cessation. Madigan MAMC Community Health Nursing provided health risk assessments on attending soldiers, while hosting a booth in another location to promote material on developing a healthy lifestyle and suicide prevention. (Photo by Chris Hober)

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my desk as the building was still swaying, I learned what it truly meant to be a commanding officer. Plaster was falling, pipes were broken and flooding spaces, and fixtures dangled to the point where we were forced to secure water and evacuate most of the building," Hunter said.

After ensuring structural integrity, making emergency repairs, and looking at an assessed \$1 million damage estimate, the hospital staff moved ahead smartly to reopen for business the next day, with minor restrictions.

The Global War on terrorism took on a new meaning in March 2002 as the hospital passed the Operational Readiness Evaluation and became the Tier 1 "ready" Fleet Hospital. Just 11 months later that readi-

ness was tested.

"We received that call in February of this year when 320 Navy Hospital Bremerton staff deployed to Rota, Spain, under the leadership of Capt. Pat Kelly to become Fleet Hospital 8," Hunter said.

As the first, largest, and longest deployed fleet hospital supporting Operation Enduring Freedom and Iraqi Freedom, FH8 has provided medical, surgical and mental health care for more than 1000 ill and injured service members.

"Over the last month, we have welcomed 140 of our heroes home, and bid farewell to some of our reserve partners with 180 Naval Hospital Bremerton staff remaining in Rota. They are doing meaningful work and are still very much needed," Hunter said.

Hunter's new duties will be

as Force Surgeon, U.S. Pacific Fleet, headquartered at Pearl Harbor, Hawaii.

A native of Washington, D. C., Roberts graduated from the Landon School in Bethesda, Md., where he was class valedictorian. He received his Bachelor of Arts degree cum laude from Princeton University in 1975 and his Doctor of Medicine degree in 1979 from The George Washington University through the Health Profession Scholarship Program where he was class president during his junior and senior years as well as Student Council President. He was commissioned a lieutenant in the Navy's Medical Corps in May 1979. His most recent assignment was as Force Surgeon on the staff of Commander, Naval Surface Force, U. S. Pacific Fleet, in Coronado, Calif.